



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01287, Yogurt, Greek, plain, lowfat

Report Date: July 16, 2017 18:40 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (7 oz) 200g
Proximates					
Water ¹	g	83.56	5	0.068	167.12
Energy	kcal	73	--	--	146
Energy	kJ	305	--	--	610
Protein ¹	g	9.95	5	0.177	19.90
Total lipid (fat) ¹	g	1.92	5	0.037	3.84
Ash ¹	g	0.63	5	0.023	1.26
Carbohydrate, by difference	g	3.94	--	--	7.88
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total ¹	g	3.56	3	0.060	7.12
Sucrose ¹	g	0.00	3	0.000	0.00
Glucose (dextrose) ¹	g	0.00	3	0.000	0.00
Fructose ¹	g	0.00	3	0.000	0.00
Lactose ¹	g	2.92	3	0.062	5.84
Maltose ¹	g	0.00	3	0.000	0.00
Galactose ¹	g	0.64	3	0.003	1.28
Starch ¹	g	0.00	1	--	0.00
Minerals					
Calcium, Ca ¹	mg	115	5	1.393	230
Iron, Fe ¹	mg	0.04	5	0.007	0.08
Magnesium, Mg ¹	mg	11	5	0.086	22
Phosphorus, P ¹	mg	137	5	1.068	274
Potassium, K ¹	mg	141	5	1.772	282
Sodium, Na ¹	mg	34	5	0.309	68

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (7 oz) 200g
Zinc, Zn ¹	mg	0.60	5	0.005	1.20
Copper, Cu ¹	mg	0.021	5	0.002	0.042
Manganese, Mn ¹	mg	0.007	5	0.001	0.014
Selenium, Se ¹	µg	12.4	3	0.233	24.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.8	8	0.199	1.6
Thiamin	mg	0.044	26	0.002	0.088
Riboflavin ¹	mg	0.233	3	0.023	0.466
Niacin ¹	mg	0.197	3	0.003	0.394
Pantothenic acid ¹	mg	0.470	2	--	0.940
Vitamin B-6 ¹	mg	0.055	3	0.001	0.110
Folate, total ¹	µg	12	1	--	24
Folic acid	µg	0	--	--	0
Folate, food	µg	12	1	--	24
Folate, DFE	µg	12	--	--	24
Choline, total ²	mg	15.2	--	--	30.4
Vitamin B-12 ¹	µg	0.52	2	--	1.04
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	90	--	--	180
Retinol	µg	90	--	--	180
Carotene, beta ¹	µg	6	1	--	12
Carotene, alpha ¹	µg	0	1	--	0
Cryptoxanthin, beta ¹	µg	0	1	--	0
Vitamin A, IU	IU	309	--	--	618
Lycopene ¹	µg	0	1	--	0
Lutein + zeaxanthin ¹	µg	1	1	--	2
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	0.08
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.2	9	0.120	0.4
Lipids					
Fatty acids, total saturated	g	1.230	--	--	2.460

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (7 oz) 200g
4:0 ¹	g	0.047	1	--	0.094
6:0 ¹	g	0.035	1	--	0.070
8:0 ¹	g	0.024	1	--	0.048
10:0 ¹	g	0.067	1	--	0.134
12:0 ¹	g	0.062	1	--	0.124
14:0 ¹	g	0.194	1	--	0.388
15:0 ¹	g	0.021	1	--	0.042
16:0 ¹	g	0.570	1	--	1.140
17:0 ¹	g	0.012	1	--	0.024
18:0 ¹	g	0.195	1	--	0.390
20:0 ¹	g	0.003	1	--	0.006
22:0 ¹	g	0.000	1	--	0.000
24:0 ¹	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	0.486	--	--	0.972
14:1 ¹	g	0.021	1	--	0.042
15:1 ¹	g	0.000	1	--	0.000
16:1 undifferentiated ¹	g	0.031	--	--	0.062
16:1 c ¹	g	0.026	1	--	0.052
16:1 t ¹	g	0.005	1	--	0.010
17:1 ¹	g	0.003	1	--	0.006
18:1 undifferentiated ¹	g	0.427	--	--	0.854
18:1 c ¹	g	0.381	1	--	0.762
18:1 t ¹	g	0.046	1	--	0.092
20:1 ¹	g	0.004	1	--	0.008
22:1 undifferentiated ¹	g	0.000	--	--	0.000
22:1 c ¹	g	0.000	1	--	0.000
22:1 t ¹	g	0.000	1	--	0.000
24:1 c ¹	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	0.076	--	--	0.152
18:2 undifferentiated ¹	g	0.065	--	--	0.130
18:2 n-6 c,c ¹	g	0.048	1	--	0.096
18:2 CLAs ¹	g	0.008	1	--	0.016

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (7 oz) 200g
18:2 t not further defined ¹	g	0.009	1	--	0.018
18:3 undifferentiated ¹	g	0.007	--	--	0.014
18:3 n-3 c,c,c (ALA) ¹	g	0.007	1	--	0.014
18:3 n-6 c,c,c ¹	g	0.000	1	--	0.000
18:3i ¹	g	0.000	1	--	0.000
18:4 ¹	g	0.000	1	--	0.000
20:2 n-6 c,c ¹	g	0.000	1	--	0.000
20:3 undifferentiated ¹	g	0.002	--	--	0.004
20:3 n-6 ¹	g	0.002	1	--	0.004
20:4 undifferentiated ¹	g	0.002	1	--	0.004
20:5 n-3 (EPA) ¹	g	0.000	1	--	0.000
22:4 ¹	g	0.000	1	--	0.000
22:5 n-3 (DPA) ¹	g	0.000	1	--	0.000
22:6 n-3 (DHA) ¹	g	0.000	1	--	0.000
Fatty acids, total trans	g	0.060	--	--	0.120
Fatty acids, total trans-monoenoic	g	0.051	--	--	0.102
Cholesterol ¹	mg	10	1	--	20
Amino Acids					
Tryptophan	g	0.030	--	--	0.060
Threonine	g	0.216	--	--	0.432
Isoleucine	g	0.286	--	--	0.572
Leucine	g	0.529	--	--	1.058
Lysine	g	0.471	--	--	0.942
Methionine	g	0.155	--	--	0.310
Cystine	g	0.048	--	--	0.096
Phenylalanine	g	0.286	--	--	0.572
Tyrosine	g	0.265	--	--	0.530
Valine	g	0.434	--	--	0.868
Arginine	g	0.158	--	--	0.316
Histidine	g	0.130	--	--	0.260
Alanine	g	0.225	--	--	0.450
Aspartic acid	g	0.416	--	--	0.832
Glutamic acid	g	1.028	--	--	2.056

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (7 oz) 200g
Glycine	g	0.127	--	--	0.254
Proline	g	0.622	--	--	1.244
Serine	g	0.325	--	--	0.650
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD